1. Title (length 26):
N-3 PUFA - Wall Thickness

2. Writing Group (list individual with lead responsibility first):
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Tell

3. Timeline:

4. Rationale:
Several prospective studies have shown an inverse relationship between fish consumption and cardiovascular disease. Fish oils, rich in n-3 polyunsaturated fatty acids (PUFA), have been shown to prevent experimental atherosclerosis. Human feeding studies have demonstrated numerous antiatherogenic effects of n-3 PUFA such as improved lipid profile, and reduction in arterial blood pressure. Recently, it has been found that dietary n-3 PUFA incorporate into advanced human atherosclerotic plaques, but the clinical implication, if any, has not been clarified. However, several studies have suggested that supplementation of the diet with n-3 PUFA result in reduced restenosis rate after coronary artery balloon angioplasty.

5. Main Hypothesis:
N-3 PUFA intake and fish consumption will be negatively associated with carotid wall thickness.

6. Data (variables, time window, source, inclusions/exclusions):
Visit 1 data.
Independent variables: dietary n-3 PUFA (NUTRA70--NUTRA72); fish intake (DTIA34--DTIA37).
Dependent variable: wall thickness.
Covariates: risk factors for atherosclerosis that are potentially associated with dietary habits: age, gender, race, body mass, physical activity, education, smoking, hypertension, diabetes, LDL cholesterol, HDL cholesterol, and fibrinogen.

Keywords: PUFA, wall thickness, diet, lipids

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